

the senior pipeline



December 2020

New Year's Eve Drive Thru
Santa in the Window
Christmas Karaoke



Hurst Senior Activities Center

700 Heritage Cr.
Hurst, TX 76053
817.788.7710
<http://hursttx.gov/hsac>

Operating Hours

The Senior Center is currently closed.
Re-opening is yet to be determined.
Please see inside for details on our new Virtual Programs.

Get connected with HSAC!



See inside for the calendar of events and programs.

Find us, like us, and share us on Facebook:
[@HurstSeniorActivitiesCenter](https://www.facebook.com/HurstSeniorActivitiesCenter)

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Program Descriptions

Virtually connect with HSAC!
All classes meet via Zoom meetings

Fun & Fitness for 55+

Customizable group fitness workout with exercises that can be performed standing and/or sitting. Prepare your space with room to move, weights, and water.

Instructor: Rosy Pritchett

92091 // M // 9 - 9:45a // FREE

92090 // W // 12 - 12:45p // FREE

Walking Group

We'll meet at the front of the Senior Center and walk at the Hurst Community Park, located behind HSAC. Walk at your own pace. While we try to walk at least two miles, the mileage is up to you. Feel free to return to HSAC where your car is conveniently parked at anytime during the walk.

92096 // M // 4p // FREE

92094 // F // 11a // FREE

Ask the Pharmacist

Learn about current trending topics related to drugs, health and wellness. Sponsored by Mid-Cities Pharmacy.

Instructor: Aemad Aslam

94097 // T12/15 // 10 - 10:30a

Chair Yoga

Yoga with modifications. While seated on chairs, students will do twists, hip stretches, forward bends, mild backbends and other poses. Keep a water bottle near.

Instructor: Debbie Melchiorre

92092 // T // 1 - 2p // FREE

92093 // TH // 1 - 2p // FREE

Zumba Gold

Zumba Gold is a low-impact Latin-inspired dance fitness class perfect for all fitness levels from beginners to advanced. Class features easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

Instructor: Rosy Pritchett

92095 // F // 9 - 9:45a // FREE

Show & Tell

Find your most interesting or most loved item and share the story of why it's so interesting or loved. Your item can be a collectible, a picture, your favorite chair, it can even be a person or pet! Show off something that is important to you and tell everyone about it. Sponsored by Marie Veneralle, Golden Outlook

Instructor: Marie Veneralle

95107 // T 12/8 // 10 - 11a

Virtually connect with HSAC!

All classes meet via Zoom meetings

Fall Asleep, Stay Asleep

Sleep is a basic human need—just like food and water—but many people don't get enough. Practicing good sleep hygiene may be your ticket to better rest. Learn about the five stages of sleep and what you can do to improve your sleep habits.

Instructor: Catherine Moreno, Humana
94112 // F 12/4 // 10 -10:45a

Digestive Health 101

Addressing the Root Causes of Digestive Discomfort Today, 70% of Americans experience digestive related symptoms or diseases. This is a startling statistic as an unhealthy gut has been linked to worsening overall health, including increased risk for chronic diseases such as diabetes, obesity, autism, depression and anxiety. Join this class to learn the ins and outs of supporting digestive health and digestive comfort, and how this could be the key to making a difference in your overall health and well-being. Sponsored by Natural Grocer's.

Instructor: Jayne Bell
94114 // TH 12/17 // 2:30 - 3:30p

Medicare 101 Community Meetings

Attend one of these general Medicare information meetings. Expect to learn about Medicare Advantage and Prescription Drug Plan options; Medicare Parts A, B, C, and D; the differences between Original Medicare and Medicare Advantage plans; how to sign up for a Medicare plan or change your plan.

94106 // T 12/01 // 10 - 11a	United Healthcare Plan	Marie Veneralle, Golden Outlook
94109 // W 12/02 // 11-12p	Medicare Q&A	Celia Neyra, Nations Insurance
94107 // F 12/04 // 1 - 2p	Medicare 101	Marie Veneralle, Golden Outlook
94108 // M 12/07 // 10:30 - 11:30a	Medicare 101	Marie Veneralle, Golden Outlook
94110 // M 12/07 // 3 - 4p	Medicare Q&A	Celia Neyra, Nations Insurance

Retirement Education Center

This 1 - hour class will provide retirees with information regarding a retirement planning process. Retirement is different today than it has been for previous generations, and likely will continue to change. Because times have changed, this is a great opportunity to get a **SECOND OPINION** on your retirement and receive unbiased information addressing common concerns facing retirees and seniors today. This class will address the following:

- How to Maximize Retirement Income
- Your Money and Pandemics
- The Secure Act
- What is a Retirement Income Plan
- Inflation & Your Retirement
- Maximizing Social Security
- Six Steps to Developing a Lifetime Income Stream

Instructor: Carson Graves
94113 // W 12/9 // 10 – 11a

Art Addicts/Coloring Therapy

No rules or instructions, just Zoom in and work on your project while visiting with others.

Instructor: Michelle Varley
91099 // TH // 11a - 12p

December 2020

Monday

Tuesday

Wednesday

<p><u>Notary Public</u></p> <p>Need something notarized? Service is free with a valid HSAC membership. Appointment is required. Call (817) 788-7710 to schedule.</p>	<p>1</p> <p>10:00 United Healthcare Meeting 1:00 Chair Yoga</p> <p>CHRISTMAS FOR SENIORS GIFT DRIVE 9AM—5PM</p>	<p>2</p> <p>11:00 Medicare Q&A 12:00 Fun & Fitness for 55+ 2:00 Cooking Goodie Bag Giveaway</p>
<p>7</p> <p>9:00 Fun & Fitness for 55+ 10:30 Medicare 101 Community Meeting 1:00 Scrabble Name Ornament 3:00 Medicare Q&A 4:00 Walking Group</p>	<p>8</p> <p>10:00 Show & Tell 1:00 Chair Yoga</p>	<p>9</p> <p>10:00 Retirement Education Center 12:00 Fun & Fitness for 55+</p>
<p>14</p> <p>9:00 Fun & Fitness for 55+ 4:00 Walking Group</p>	<p>15</p> <p>10:00 Ask A Pharmacist 1:00 Chair Yoga</p>	<p>16</p> <p>12:00 Fun & Fitness for 55+ 2:00 Cinnamon Stick Christmas Tree Ornament</p>
<p>21</p> <p>9:00 Fun & Fitness for 55+ (Pre-recorded) 3:00 Book Club 4:00 Walking Group</p>	<p>22</p> <p>10:00 Christmas Cookie Baking 1:00 Chair Yoga</p>	<p>23 All Classes and Activities are cancelled</p> <p>12:00 Senior Center offices close at noon</p>
<p>28</p> <p>9:00 Fun & Fitness for 55+ (Pre-recorded) 4:00 Walking Group</p>	<p>29</p> <p>1:00 Chair Yoga</p>	<p>30</p> <p>12:00 Fun & Fitness for 55+ (Pre-recorded)</p>

Thursday

Friday

3

11:00 Art Addicts
1:00 Chair Yoga
2:30 Cooking Demo by Care n Care

4

9:00 Zumba Gold
10:00 Fall Asleep, Stay Asleep
11:00 Walking Group
1:00 Medicare 101 Community Meeting

10

11:00 Art Addicts
1:00 Chair Yoga

11

9:00 Zumba Gold
11:00 Walking Group
1:00 State Seed Bead Canvas
2:00 Santa in the Window

**CHRISTMAS FOR SENIORS
GIFT DRIVE
9AM—5PM**

17

11:00 Art Addicts
1:00 Chair Yoga
2:30 Digestive Health 101

18

8:00 Early Registration
9:00 Zumba Gold (Pre-recorded)
11:00 Walking Group
2:00 Christmas Karaoke

24

**All Classes and Activities
are cancelled**

25

**All Classes and Activities
are cancelled**



31

11:00 New Year's Eve Drive-thru Party
~~**11:00** Art Addicts~~
~~**1:00** Chair Yoga~~
12:00 Senior Center offices close at noon

December Sponsors

**HOME CARE
ASSISTANCE**

Dave Parks, Owner
Tina Thompson, Director of Business Dev.
5712 Colleyville Blvd., Suite 120
Colleyville, TX 76034

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Open M-F: 9am—6pm



Marie Veneralle

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Retirement Education Center

YOU HAVE QUESTIONS... WE HAVE ANSWERS!

Carson Graves President & CEO
Office- 817-719-2988 (24/7)



www.getmyretirementeducation.com

Book Club

Each month we meet to discuss a book we have all read, share our opinions, and likes and dislikes of the book.

Discuss: A Redbird Christmas by Fannie Flagg

Read: Educated: A Memoir by Tara Westover

Instructor: Tammy McDonald

94078 // M 12/21 // 3 - 4p

Scrabble Name Ornament

Purchase this made to order kit and create each of your family members a personalized Christmas ornament this year. Kits are \$3 per name/ornament. Join the instructor via Zoom for details on how to put the ornament together. Please provide names during the registration process. Kits must be purchased by 12/03 and will be available for pick up from HSAC on Friday, 12/04 at 11am.

Instructor: Diana Conway

91106 // M 12/7 // 1 - 2p // \$3 per ornament

Cinnamon Stick Christmas Tree Ornament

Ornaments made with fragrant cinnamon sticks and a beautiful variety of fabrics. Embellished with snowflakes, colored beads or sequins and topped with a gold star. Purchase the kit then follow along with the instructor via Zoom to construct your DIY ornament. Kit includes supplies for 3 ornaments. Participants will need to have their own scissors and hot glue. Kits will be ready for pick on Monday 12/14 at 2pm.

Instructor: Michelle Varley

91108 // W 12/16 // 2 - 3p // \$6

Christmas Cookie Baking

It's like a cookie exchange, but without actually sharing the cookies or having to worry about the calories. Bake up a batch of your favorite cookie and show them off to the group. We'll visit on Zoom, talk about the recipes and favorite Christmas memories. Be sure to fix yourself a glass of milk or a cup of tea to enjoy. Please email your recipe to mvarley@hursttx.gov by December 17th. Each participant will receive a custom set of recipe cards from our virtual cookie exchange.

Sponsored by Marie Veneralle, Golden Outlook

Instructor: Michelle Varley/Tammy McDonald

95106 // T 12/22 // 10 - 11a

State Seed Bead Canvas

Create a multi-media work of art! Design your state of choice using seed beads. Purchase the kit that contains all the supplies. Kits must be purchased by 12/08. Be sure to specify your state of choice at the time of registration. The instructor will guide you through the process via a Zoom meeting. Kits will be available for pick up from HSAC on Wednesday 12/09 after 1pm.

Instructor: Diana Conway

91107 // F 12/11 // 1 - 2p // \$10



Christmas Karaoke

It's the most wonderful time of the year! Let's get together and sing some of our favorite Christmas songs. Feel free to create your own party space in your living room while we Zoom.

Instructor: Michelle Varley

95110 // F 12/18 // 2 - 3p

Contactless Events & Services

Just pull through the driveway at the front of the Senior Center

Santa in the Window

We've dressed up the HSAC front window in Christmas style. Make your plans to come by and take a selfie with our special LIVE background of Santa, Mrs. Claus and other Christmas characters. This is a contactless photo opportunity with the window between us. Photo opportunity line will form under the porte cochere. Please respect social distance guidelines and remain in your car for your turn to take pictures.

95108 // F 12/11 // 2- 4p

Christmas for Seniors Gift Drive

We are partnering with United Community Centers to bring some seasonal joy to underprivileged seniors in Tarrant County and YOU can help! We have two donation drive drop off opportunities:

Tuesday, December 1, 9am—5pm
Friday, December 11, 9am—5pm

Bring your donation from the list below and drop it off in the box provided at HSAC:

- Diabetic Socks
- Warm Hats/Scarves/Gloves
- Crossword/Sudoku Puzzle Books
- Sugar Free Candy
- Gift Cards (Walmart) \$10 or \$15

Battery Recycling Program

Have batteries you need to discard? Bring them to HSAC and drop them into the battery container located at the front door.

Drop Off Hours:
Monday—Thursday
10a—3p

Care n Care Cooking Goodie Bag Giveaway & Cooking Demo

Come by HSAC between 2-2:30 on Wednesday, December 2nd and receive a FREE goodie bag with cooking gadgets, recipes and more. Then, plan to attend the virtual cooking demonstration on Thursday, December 3rd at 2:30 pm. Chef Henry will prepare a tasty and nutritional meal that you can easily duplicate and make on your own. These are two separate events. You can attend one, or both events, but please register so we are sure to have enough goodie bags and can plan the meeting to accommodate everyone that wants to participate. Sponsored by Kelli Blackwelder, Care-n-Care Insurance

95111 // W 12/2 // 2 - 2:30p // Drive-Thru

95112 // TH 12/3 // 2:30 - 3:30p // Cooking Demo

New Year's Eve Drive Thru Party

Are you ready for 2021? Come to HSAC and drive thru our version of an on-the-go party. Attendees will receive a mini New Year's party pack to say good-bye to 2020 and welcome to 2021! Please remain in your car at all times, wear a mask and a party hat! This event is sponsored by Marie Veneralle, Golden Outlook.

95109 // TH 12/31 // 11a - 12p

Book & Puzzle Exchange

Got puzzles or books you have read or worked and want to trade? Bring them to HSAC and exchange for a different one.

Exchange Hours
Monday—Thursday
10a—3p



COVID-19 Reminders:

- Stay home if you feel sick, have a fever, are coughing, have difficulty breathing, or if in the last two weeks you have been in close contact with a person with a suspected or confirmed case of COVID-19.
- Wash or disinfect hands upon entering the facility and after any interaction with employees, other patrons, or items in the facility.
- Maintain at least 6 feet of separation from other individuals not within the same household. If such distancing is not feasible, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.
- Persons feeling feverish or with a measured temperature greater than or equal to 100 degrees Fahrenheit should seek medical attention.
- When/if you go out, wear a mask or face covering.

All advertised classes will meet via Zoom, with the exception of our Group Walk. A meeting ID and passcode are required in order to participate in our classes. To receive the meeting ID and passcode, please register for each class online or by calling the HSAC at (817) 788-7710.

Your participation in the virtual classes will be counted as a visit to the Senior Center. If you are a SilverSneaker, Renew Active or Silver & Fit member, your virtual visit will be reported to your 3rd party insurance partner and the Senior Center will receive compensation.

While we are offering these classes for free, there are costs associated with them such as paying the instructor, Zoom meeting fees, personnel salaries and facility costs. Should you desire to assist with covering these costs, a \$3 per class fee is suggested. Payment can be remitted at the time of